

EXAMINING WELLNESS:

Connectivity issues stunt growth

Some options for mental health aid lack consistency

KENDRICK CALFEE
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The wait time to seek counseling at Wellness Services has dropped to just a week at the start of the semester, but wellness on campus looks different for students who are in urgent need of mental health services.

When the four full-time and one part-time counselor staff is overbooked and unable to meet with students, the Wellness Center commonly recommends an online self-help tool known as Therapy Assistance Online. Through this tool, students watch videos and complete exercise modules that take close to 40 minutes on average per week.

However, the website shows in bold red lettering that the TAO resource is experiencing technical issues that students have brought to the attention of the Wellness Center.

"We know that when issues are resolved, TAO will be a great resource for the Northwest community," according to the announcement on the Wellness website.

Assistant Director of Wellness Services Judy Frueh said the modules are effective for those that use them regularly but are less helpful when students only participate in them every now and then.

"TAO studies show that when the modules are used regularly, there is trackable growth," Frueh said. "We have these resources for students, free and easily acces-



EMILY NOYES | NW MISSOURIAN

sible, as easy as a click on our website."

Executive Director and Assistant Vice President of Health and Wellness Gerald Wilmes said there are a number of ways Wellness reaches out to students to let them know what alternatives there are.

"We get that it's not just the counseling ... We are always benchmarking what others are doing and how they're meeting demands," Wilmes said.

Wilmes said the Wellness Center meets

with other colleges through the American College Health Association, where they learn what other schools are doing to combat mental illness.

Wilmes said the wait times for counseling services at the beginning of the semester start out low and grow as the semester continues. Wilmes said this is a recurring pattern the Wellness Center sees every semester.

When the wait times increases, students

who are a danger to themselves or others can receive immediate service through triage, or emergency response to dire situations, provided by the Wellness Center. In addition to triage counseling, the University carries out well-being checks that are issued when concern for suicidal behavior is reported to University Police.

SEE WELLNESS | A4

University still undecided on minimum wage

MADELINE MAPES
News Reporter | @MadelineDMapes

The rising minimum wage for 2020 is not set to be voted on by Student Senate this year.

Student Senate President senior Asma Hassan said over email that Northwest's Student Senate will not vote on the proposal brought by University Police Chief Clarence Green last semester.

Student Senate's decision to not vote on the matter this year leaves what happens to the minimum wage on campus unknown.

Student Senate Vice President Kirayle Jones, a junior, said he was not completely sure as to why the senators agreed to not vote on the minimum wage. He said the current student employment fee included in all students' designated fees is at an amount that is sufficient to compensate for this year's minimum wage increase.

However, student hours were cut in order to raise the minimum wage with the state minimum wage in 2019 without raising the fee, according to a 2019 interview with Senior Human Resources Generalist Paula McClain.

The University has not announced whether it intends to raise its minimum wage in 2020 or if the student employment budget changed enough to accommodate the raise.

"By the census of the senators, we thought that we were fine without voting on it," Jones said.

Jones said the decision to vote or not to vote on an issue is decided by the senators in discussions prior to the beginning of weekly Student Senate meetings.

Jones said he spoke to some of

his friends on campus about their thoughts on the issue.

"I haven't gotten any negative feedback," Jones said.

He also said most students unfortunately do not know what all of their fees go to. Jones said the breakdown of student fees is listed on the Student Senate's website.

Assistant Vice President of Human Resources Krista Barcus said the decision is based on the total funding the school gets through state appropriations and the designated fees that students pay per credit hour.

"We want to offer our students an opportunity here. So again, it's that balancing act of how do we do that, how do we afford to do that, how do we compete (with off campus employment) without raising designated fees," Barcus said.

In an email, Barcus said there are around 900 students who are employed on campus. If the fee brought up by Green last semester were to be added to the designated fees, it would be attached to all students' fees.

Barcus said the funds for student wages have to come from somewhere. Some of the options to raise minimum wage for students is to raise designated fees to help compensate for the pay raise or decrease some of the University's student positions.

Barcus said the final decision on the minimum wage will depend on what the Board of Regents and the Northwest Leadership Team decide.

The Northwest Leadership Team is a committee of seven decision-making administrators including President John Jasinski.

SEE WAGES | A4



MADI NOLTE | NW MISSOURIAN
Four days after campus was blanketed with snow and thick ice Jan. 10, grounds crew staff, including student employees Garrett Craig and Zach Peterman, continued working to clear sidewalks and stairways on campus Jan. 14.

Facility services takes extra precautions to prevent injuries

SAMANTHA COLLISON
Campus News Editor | @SammieCollison

With last winter having especially harsh weather and this winter possibly following suit, facility services has taken extra precautionary measures on campus to keep students safe on icy sidewalks.

Director of Facility Services and Custodial Manager Tina Frueh said this semester, Facility Services installed more chains across staircases — like those on the south side of the J.W. Jones Student Union leading to the second floor — to prevent students and employees from

using those stairs until they have been cleared.

"Normally, we would put up cones because we don't want anyone slipping and falling down the stairs," Frueh said. "We blocked some of the stairs we blocked off so we could focus our primary labor force into certain areas."

After a morning of pouring rain Jan. 10, the temperature rapidly dropped below freezing, covering all the sidewalks on campus in a thick layer of ice. Landscape Manager Shane Baumgart said during incidents like these, the snow clearing team focuses on clearing main

sidewalks and entrances first.

With 20 miles of sidewalks and 40-50 acres of parking lots on campus, Baumgart said it takes extra time to clear ice rather than snow. Between Jan. 10 and Jan. 12, snow clearing crews were manually busting ice off of sidewalks.

"It took all our crew a couple of days (to clear the ice)," Baumgart said. "We work very hard and take safety very seriously, but I could triple my staff and we would still struggle at times."

SEE SIDEWALKS | A4

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Steppers eye win streak heading to nationals

LIZ SWAFFORD
News Reporter | @lizswafford3

The Bearcat Steppers will head to Universal Dance Association College Nationals to compete Jan. 17.

The competition is being held in Orlando, Florida, at the ESPN Wide World of Sports Complex at Walt Disney World, where the Steppers will be competing for three days against eight to 17 teams, depending on the category.

Senior Captain Sarah Amos said the team takes three different dance styles to competition every year.

"We've always traditionally done a jazz dance, a pom dance and game day," Amos said. "Ever since I've been on the team, that's what we've done."

The Steppers placed in 3rd for

both the game day and pom dance categories at Nationals in 2019.

Amos said the team always looks to place high and has confidence in the team they have this year.

"We always hope to place in the top three or higher," Amos said. "But, you never know what other teams are going to bring or what's going to happen on the Nationals floor. We have a very talented team this year, so we're hoping for good placements."

The Steppers compete in the open division, meaning that they compete against Division II schools, Division III schools, NAIA schools and community colleges. Only 16 individuals are allowed to compete on each team.

Captain Andy Daine said that not everyone can compete for every

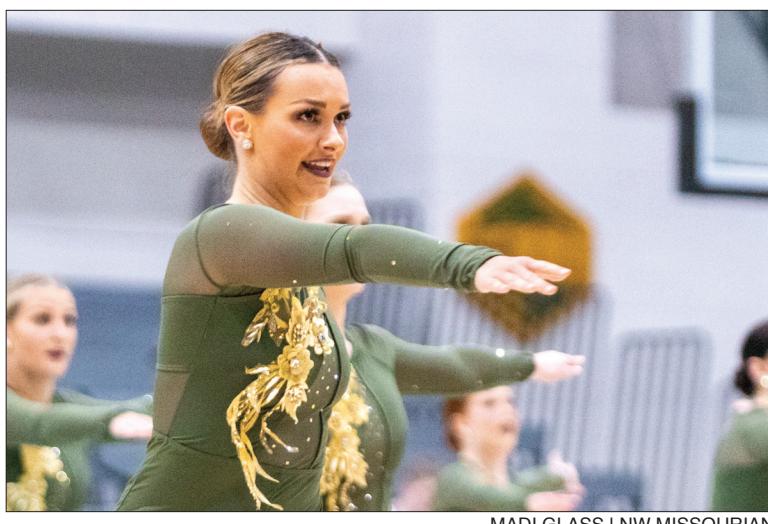
dance, so they have to decide who competes for which dances.

"We have 17 people competing, but we have 18 on the team," Daine said.

Daine said the team decides who competes in which dances based on their abilities displayed at practice.

"Dances are picked based on whether they fit the style of the dance," Daine said. "Pom is really tight and precise; we pick dancers based on who has sharp motions. We also have a jazz, which is more flowy, so we pick dancers based on who can do the flowy stuff. Then everyone is in the last one."

The Steppers left Jan. 15 at 1:30 p.m. and will return on Jan. 20.



MADI GLASS | NW MISSOURIAN
Freshman Avery Wallace performs a jazz routine with Bearcat Steppers Jan. 14 in Bearcat Arena.

Auditor favored in gubernatorial primaries

KENDRICK CALFEE
Community News Editor | @KoalaCalfee

Six contenders have announced their bid against incumbent Missouri Gov. Mike Parson in the 2020 gubernatorial election, the state's election coinciding with the U.S. presidential election where voter favorites are still unclear both locally and nationally.

Parson left his lieutenant governor position to become governor following Missouri's 2016 gubernatorial election winner Eric Greitens' June 2018 resignation, which occurred during a criminal trial for sexual misconduct that received national attention.

However, in 2020, voters are given more options than settling for an incumbent, the early run shows Parson contended by four Democrats, one Republican and one Libertarian thus far.

The 2020 election, to be held on Nov. 3, is a critical moment for voters in the state to contest the country's "slide toward socialism," Parson said in a speech he gave in his hometown of Bolivar, Missouri, where he announced his bid September 2019.

"We see now across our country that the extreme left wants to fundamentally change who we are," Parson said at Bolivar High School.

2016 Missouri Governor Results

CANDIDATE	PARTY	VOTES	PCT.
Eric Greitens	Republican	1,424,730	51.29%
Chris Koster	Democrat	1,261,110	45.40%
Cisse Spragins	Libertarian	40,718	1.47%

2016 Missouri Presidential Results

CANDIDATE	PARTY	VOTES	PCT.
Donald J. Trump	Republican	1,594,511	56.40%
Hillary Clinton	Democrat	1,261,110	37.90%
Gary Johnson	Libertarian	97,359	3.40%

SOURCE: THE MISSOURI SECRETARY OF STATE, THE NEW YORK TIMES

uary and Parson a favorite among Republicans, there is still time for more candidates to announce bids.

The filing deadline is March 31, and the only Republican challenger for Parson so far is James Neeley, R-Mo., who represents the 8th district in the Missouri House of Representatives.

Neely visited Northwest during a College Republicans regular meeting Oct. 21, 2019.

Neely said his work in committee assignments on health care policy, health insurance and the children, families and persons with disabilities appointment helped prepare and motivate him for candidacy.

"There are a lot of issues with the way medical and insurance is working," Neely said at the October meeting. "Why is St. Francis part of Mosaic now? Why does this happen? Do we want bigger business? ... Greater distance between administration and patients leads to a lot of problems."

College Republicans President junior Jasper Logan said the club has reached out to Parson's campaign and also plan to bring more candidates to campus, especially those running for local office.

"This election is very important for Republicans," Logan said. "Under the Parson administration, we have seen an economic boom, lowest employment in 60 years and landmark pro-life legislation. It's important we continue that progress."

College Democrats President junior Spencer Owens was unavailable for comment, but the group reaches out to campaigns each year to bring democratic candidates to campus so students can get a feel for voting options in election year 2020.

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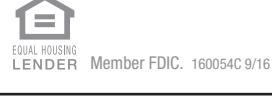


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County sheriff contested by predecessor

KENDRICK CALFEE
Community News Editor | @KoalaCalfee

While he announced his candidacy publicly the week of Jan. 9, Darren White knew nearly two years ago that he would see his name on the ballot for Nodaway County Sheriff in November 2020.

White lost the 2016 election to Randy Strong, who received 54% of the vote after White had served the county for eight years, first taking office in 2009. The race was highly competitive in 2016, and White said he looks to grow upon what he learned from his loss to Strong.

"I live here and run into people. ... I hear the dissatisfaction in people's comments and voices, and I really think that the people deserve something better," White said.

White, a Democrat, said he managed to keep campaign promises when he was elected into office, and Strong has failed to do the same. One promise White said he would reinstate if elected is around-the-clock patrols of the county.

"I think people deserve that," White said. "(Around the clock patrols) is something the county hasn't seen here before I was elected. Now they've gone back on that — there are times there's no one out there or available."

However, Strong contested White's statement on patrols, saying the office has executed around the clock patrols before White served and has continued to do so under the current administration.

"We still do (around the clock patrol)," Strong said. "We are available."

Strong won the 2016 election with 5,049 votes over White's 4,386 votes, and despite White and others' disapproval, Strong still sees support from the small towns and cities that make up Nodaway County.



ANDREW WEGLEY | NW MISSOURIAN
Darren White, who served as the Nodaway County Sheriff from 2009-2016, is running for the position again in 2020. White is challenging Randy Strong, who beat White by less than 1,000 votes for the office in the 2016 election.

Strong has 41 years of law enforcement experience, with the majority of it being from his time at Maryville Public Safety. Strong became an investigator for MPS in 1992 and also worked in the Missouri Inspector General's office and at the Holt County Sheriff's Department prior to becoming Nodaway County Sheriff.

Strong, a Republican, ran in

2016 on the promise of consolidating and bringing unity to the county's law enforcement agencies, which is what he said the voters seemed to want most.

However, the county has just begun to see the effects of this effort in the form of 911 dispatch consolidation plans, which is still in the works with lengthy discussion on provisions and strategy from local

government leaders.

Strong went live on KMA, a radio station in Shenandoah, Iowa, after the 2016 election to discuss his campaign and future plans for Nodaway County.

"You know, I knew this was going to be a tough race," Strong said. "But, I felt really good about it. ... We had a good message that resonated with the people of the county."

In 2020, White looks to promote his own message, one he hopes rings a little louder to reach more voters in what he calls a critical election year.

"I'm going to continue to do what I've always done, and that's to get out in the community and talk to people face to face," White said. "I will be accessible."

White said he will hold forums and discussions with people from smaller towns in the county at later times during his campaign so citizens to be heard on issues that arise in their communities.

One of White's biggest motivators for running again was hearing about deputies he had worked with being replaced with people who live outside of the county.

"These people don't have to face you," White said. "They don't have to sit next to you in church. ... They can come here, treat people however they want and then they go back where they came from and don't have to worry about it. I think that's wrong."

Strong said he feels his presence in the community is positive because of his commitment to serve the county by doing his best on every issue that arises.

"We came in during a time of negative stigmas from Darren White's negative press releases," Strong said. "Now, we've got it turned around."

White said aside from the politics of the sheriff being an elected position, there is a certain level of consistency that should always be upheld.

"Sheriffs have been providing a service to the county for centuries now," White said. "The county is the same, the people are really the same. Times change, technology changes, but people are really the same."

First intersession frozen amid logistical concerns

SAMANTHA COLLISON
Campus News Editor | @SammieCollison

Although no classes were offered during the first January intersession, the University plans to keep it in the calendar while the logistics of class offerings are worked out.

When the University changed the academic calendar preceding the 2019-2020 school year, it added a January "intersession," or a four-week period where students can take online classes, practicum experiences or participate in internships.

Provost Jamie Hooyman said be-

cause the University is closed during part of the intersession period and courses will include non-contractual pay for faculty, the University did not feel prepared to offer any courses during the first intersession.

"We wanted to make sure we had all the logistics worked out," Hooyman said. "If Canvas went down or there's issues, we have to make sure that either students are aware that there's no help during those times or we have avenues."

Hooyman said the idea for a January intersession came from a task force dedicated to evaluating the old academic calendar and making

changes to it.

The committee — comprised of faculty, staff, students and members of the provost's council — presented lengthening winter break as an option to allow for four-week internships, practicum opportunities and classes to be offered as a supplement to the spring semester.

"It's a perfect opportunity for those students who are highly motivated and just want to get an extra hour in," Hooyman said. "Or perhaps those students who just need that extra boost to get their hours and graduate on time."

While some courses like one-

block summer courses are already formatted for an accelerated timeline, fitting a 15-week course into four weeks presents challenges. Hooyman said the number of courses available for the intersession will grow over time.

"What you have to be careful of is the academic integrity, because you've only got four weeks," Hooyman said. "The rigor and the relevance of the course has to stay the same."

Because Northwest has a trimester schedule structure, summer courses have a separate credit hour count from fall and spring semes-

ters, but Hooyman said intersession courses have to be structured into an existing trimester, so they will be included in the spring semester.

Theoretically, Hooyman said, a student could take nine credit hours in the spring semester and take a three-credit-hour course in the intersession and have the 12 credit hours needed to be considered full-time.

A consideration for faculty is compensation for teaching outside of the established schedule. Hooyman said the established compensation plans for non-contractual work — like summer courses — will apply to faculty teaching intersession courses.

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POLICE BLOTTERS

for the week of Nov. 7

Northwest Missouri State University Police Department

Dec. 10

There is an open investigation for stealing at Dieterich Hall.

Dec. 11

A summons was issued to **Mark Devaughan**, 19, for littering at Dieterich Hall.

Dec. 12

A summons was issued to **Yordy Talavera**, 18, and **Tyler Nickerson**, 19, for possession of drug paraphernalia at Millikan Hall.

Dec. 13

There was a closed investigation for a liquor law violation at Perrin Hall.

Dec. 15

There was a closed investigation for a liquor law violation at Perrin Hall.

Maryville Department of Public Safety

Dec. 21

A wheelbarrow was recovered on the 600 block of South Walnut Street.

Dec. 23

A summons was issued to **Donald E. Thacker**, 25, for disorderly conduct on the 200 block of Park Avenue.

There is an ongoing investigation for harassment on the 300 block of West Sixth Street.

Dec. 24

There is an ongoing investigation for property damage on the 1100 block of Crestview Drive.

A summons was issued to **Alexander J. Snow**, 23, for possession of marijuana on the 900 block of North Dewey Street.

There is an ongoing investigation for fraud on the 26000 block of Ivory Road.

There is an ongoing investigation for larceny on the 600 block of East Third Street.

Dec. 25

A summons was issued to **Bryant L. Heckman**, 34, for no valid driver's license on the 300 block of South Buchanan.

Dec. 30

There is an ongoing investigation for lost or stolen property on the 1600 block of South Main Street.

Dec. 31

License plates were recovered on the 1400 block of East First Street.

Jan. 1

A summons was issued to **Felicia-Jo R. Grout**, 19, of Burlington Junction, Missouri, for minor in possession and possession of drug paraphernalia on the 300 block of West Third Street.

A summons was issued to **Melissa D. Hall**, 21, of Burlington Junction, Missouri, for no valid driver's license and an equipment violation on the 300 block of West Third Street.

A summons was issued to **Frank K. Peterson**, 19, of Warrensburg, Missouri, for resisting arrest, disorderly conduct and minor in possession on the 200 block of East Third Street.

A summons was issued to **Colby J. Pankua**, 33, for driving while intoxicated and speeding on the 100 block of East South Hills Drive.

A summons was issued to **Jerry L. Buoy**, 58, of Laurel, Nebraska, for driving while intoxicated,

failure to maintain the right half of the roadway and failure to maintain financial responsibility on the 100 block of East Summit Drive.

Jan. 2

There is an ongoing investigation for larceny on the 1400 block of North Dewey Street.

There is an ongoing investigation for larceny on the 700 block of South Main Street.

A summons was issued to **Cole E. Phillips**, 21, for excessive acceleration on the 300 block of North Buchanan Street.

Jan. 3

There is an ongoing investigation for harassment on the 400 block of West Lieber Street.

A summons was issued to **Tracie R. Wagner**, 45, for Barnard, Missouri, for no valid driver's license and failure to register a motor vehicle on the 2800 block of South Main Street.

A summons was issued to **Kobie D. Plummer**, 17, of Maitland, Missouri, for driving while intoxicated, improper display of license plates and failure to yield to an emergency vehicle on the 900 block of South Main Street.

Jan. 4

Money was recovered on the 1100 block of South Main Street.

Jan. 5

There is an ongoing investigation for burglary on the 900 block of East Seventh Street.

A summons was issued to **Ozzie E. Rodriguez**, 25, of Chandler, Arizona, for resisting arrest and affray on the 300 block of North Market Street.

A summons was issued to **Nickala A. Allen**, 23, for driving while intoxicated and careless and imprudent driving on the 200 block of East Third Street.

Jan. 6

There is an ongoing investigation for fraud on the 200 block of South Hester Street.

Jan. 7

A summons was issued to **Jessie L. Godsey**, 36, for driving with a revoked license on the 200 block of North Munn Street.

Jan. 8

A summons was issued to **James L. Lanham Jr.**, 30, of Elwood, Kansas, for failure to register a motor vehicle, failure to maintain financial responsibility and speeding on the 1400 block of North Country Club Road.

A summons was issued to **Ryan C. McGehee**, 35, of Neosho, Missouri, for failure to register a motor vehicle, displaying the plates of another and failure to maintain financial responsibility on the 1200 block of South Main Street.

Jan. 9

A summons was issued to **Levi J. Mueller**, 20, for possession of a fake I.D. on the 1500 block of North Main Street.

A summons was issued to **Jason M. Milbourn**, 38, for failure to register a motor vehicle and displaying the plates of another.

A summons was issued to **Rachel A. Long**, 21, of Guthrie Center, Iowa, for driving while intoxicated, no valid driver's license and leaving the scene of an accident on the 300 block of North Market Street.

Jan. 10

A summons was issued to **Justin L. Vogl**, 20, for minor in possession and speeding on the 500 block of West Fourth Street.

Jan. 13

There is an ongoing investigation for a lost or stolen license plate on the 400 block of West Eighth Street.

Jan. 14

A summons was issued to **Madison E. Fentiman**, 20, for minor in possession and speeding on the 500 block of West Eighth Street.

A summons was issued to **Sydney D. Jackson**, 20, of Kansas City, Missouri, for careless and imprudent driving on the 100 block of West Fourth Street.

Value of trade certifications predicted to keep growing

SAMANTHA COLLISON
Campus News Editor | @SammieCollison

With the future of higher education uncertain amid dwindling state funding, University President John Jasinski invited a guest to the semi-annual all-employee meeting to discuss alternative education models and timelines.

Vice President of Education at the Kauffman Foundation Aaron North highlighted what the foundation thinks Northwest is doing well, but also presented the foundation's findings about the future of post-secondary education being in certifications and pursuing degrees later in life.

The Ewing Marion Kauffman Foundation, based in Kansas City, Missouri, focuses on encouraging entrepreneurship nationally and education in the Kansas City area, especially with members of underrepresented populations.

North described the state of higher education as a "Horace Mann moment." Mann was a United States senator and advocate for universal public education and teacher training in "normal schools".

"The reason why Horace Mann

is such a moniker and such an icon is because that represented a time when the educational climate shifted pretty much across the board for everyone," North said.

North said post-secondary education is moving into a future of "both/and rather than either/or," meaning earning multiple degrees or certifications rather than choosing higher education or trades.

However, a high school diploma alone might not be enough to get into the workforce.

"In terms of being currency for what actually happens next in and of itself, it (a high school diploma) is almost worthless at this point," North said.

Because high school completion doesn't set a strong enough baseline for any skills or competencies, North said having trade certifications indicates more reliable competency.

"We make this massive investment for these 13 precious years, and when it ends we give them something that is not, in my opinion and in the opinion of a lot of other folks including superintendents, not an effective enough validation of what that does," North said.

In addition to secondary certifi-

cation programs, North said trade certification programs are gaining relevance with or without a degree, before or after college.

North said even a four-year college degree is not as reliable as it would have been 10 years ago when looking for jobs. He said employers are looking for specific indicators of competencies in the areas they are hiring for.

The Kauffman Foundation created non-degree licensing and certification programs through the Skilled KC Technical Institute in response to a growing demand for certifications in growing fields.

North closed with predictions for higher education after 2030, including more stacking of certifications and degrees and universities having an increasing number of non-traditional students as employees are paid to go back to school to get relevant degrees.

He also predicted the idea of the "new campus." While more education is available online, North said the campus as a transitional space for young adults to get their footing alongside their peers will remain relevant, even if campus residents are not taking classes.

Hypothetical on-campus vs. off-campus annual minimum wage earnings for 2019-2023

*Based on 20 hours per week for 30 weeks	2019	2020	2021	2022	2023
Off	\$5,160	\$5,670	\$6,180	\$6,690	\$7,200
On	\$5,160	\$5,160	\$5,160	\$5,160	\$5,160
Difference	\$0	\$510	\$1,020	\$1,530	\$2,040

**If the University were to decide to not raise minimum wage along with Missouri statute to incrementally increase minimum wage to \$12 by 2023.

SOURCE: NORTHWEST MISSOURI STATE UNIVERSITY

WAGES CONTINUED FROM A1

Junior Sneha Ojha, an international student from Nepal, is the public relations chair and international representative on Student Senate. She is also employed on campus as a recruitment assistant for the International Involvement Center.

Ojha said she was glad to see that Student Senate had decided

to wait to vote on the minimum wage. She said Student Senate felt it would be too rushed to vote right after the proposal was presented to them last semester.

Ojha said the senators felt this issue needed more discussion because it affects all students employed on campus, especially international students.

International students are not allowed to work off campus because of visa restrictions. Whatever decision is made on the minimum wage

will affect their way of living.

"It was a good thing that we didn't vote on it right away because now we are going to get so much input from almost all of the students," Ojha said.

Ojha said this delay in the vote will allow Student Senate to gather feedback from the students, which will aid in the vote when it comes time.

The decision of what will happen to the minimum wage is currently unknown.

WELLNESS CONTINUED FROM A1

If a person is believed to be in immediate danger to themselves, they are placed on a mental health hold at Mosaic Medical Center - Maryville for at least 96 hours.

In order to make mental health services the most adequate for students, the Wellness office has taken steps in the last decade to expand awareness of the growing issues regarding college-age mental health.

Wilmes, who is also a primary care doctor for the Wellness Center, said in his experience over the last 10 years there has been a constant increasing demand and need for counseling due to the "vertical" growth of mental illness. Due to this growth in mental illness, the Wellness Center has added two counseling positions in the last 10 years.

Though Northwest would like to increase counseling options for students, Wilmes said experts in the area don't believe institutions can "hire out of the issue."

Wilmes said, "Let's say, if we could magically double our counseling, most experts believe we'd still have problems."

Wilmes said his experiences with ACHA meeting workshops show most schools find it best to integrate the counseling services with the clinical services. Northwest didn't take this step until 2006.

The two services, counseling and clinical, used to be housed in different buildings on campus and were two separate entities with separate funding systems. Due to budgetary reasons and proven effec-

tiveness of services, they were integrated in 2006.

Wilmes said the step was essential and has shown that it is the best practice to help meet the needs of students.

"Obviously it takes a village, so to speak, to address this issue," Wilmes said while explaining that many schools can have up to a four to six week wait times for counseling during the latter part of the semester."

Integration of services is shown by example when students visit the Wellness Center for the clinic services. When students show up for an appointment regarding their physical health, nurses and primary care doctors will ask students at least once a semester how they are mentally.

The nurse assisting the student will give a quick verbal survey to the student on their mental health and input their answers into the computer systems.

The integrated Wellness Center is not the only way the team at Wellness Services can aid the needs of students who need immediate service with mental health.

"What are the additional things that we can kinda do to supplement and complement direct, face-to-face counseling?" Wilmes said as he explained the need to find ways to aid the growing demand for counseling, not only through hiring new counselors but through the various other resources offered by Wellness Services.

He said he also sees students walking up and down stairs with their hands in their pockets, leaving nothing to catch them if they slip and fall.

According to the Occupational Safety and Health Administration, insulated and water-resistant boots are essential for safely walking on ice and below-zero temperatures. "Inform them more about winter, like don't wear dress shoes," Baumgart said. "Or I see a lot of people walking around on their phones. ... You gotta watch where you step. We try to do our best, but it's really hard to treat every single square inch."

He said he also sees students walking up and down stairs with their hands in their pockets, leaving nothing to catch them if they slip and fall.

For extreme cold, OSHA recommends wearing at least three layers of clothing in wool, silk or synthetic fibers, which insulate better than cotton, with the outermost layer being water resistant. It says staying dry is important because moisture

Campus needs wage increase

NATHAN ENGLISH
Columnist
@ThananEnglish



Northwest is considering not honoring the minimum wage increase in Missouri in 2020, which is, of course, an affront to students' rights and shows a lack of care for students who work for the University.

The minimum wage in Missouri is rising to \$9.45 an hour. Missouri voters passed proposition B in November 2018 to increase the minimum wage incrementally to an hourly wage of \$12 an hour by 2023.

Student Senate's role would be to vote on a raise in fees to cover the cost of the minimum wage increase. As of right now, there is no real plan for voting on the minimum wage on the part of Student Senate.

Why quickly address a problem when you could just leave it up in the air and ambiguous, confusing thousands of people in the process?

I understand that this will put a larger financial strain on Northwest, but not following the wage increase or cutting hours and adding fees to the people actively paying for the institution to survive is ridiculous.

Northwest would be allowed to keep wage rates the same because of Missouri Revised Statutes 290.500 that states that students employed by the institution they attend for education are not technically considered "employees" and therefore do not have the same rights as employees.

The law is kind of bogus, but besides that point, Student Senate has a choice to make, if they ever vote, and hopefully, they make the right one.

The average in-state cost to attend Northwest is \$19,861, according to the University website. This includes on-campus housing and a meal plan. This price increases by upwards of \$7,000 for out-of-state and is even more expensive for international students.

It would take just over 2,309 hours at \$8.60 an hour to pay for the in-state cost of attending Northwest, which is clearly impossible especially with the 20 hours a week limit. That's an astronomical amount of work and with tuition most likely to increase as it has in recent years, not raising the minimum wage with the state wage would only further deepen the hole that many students are already in financially.

On top of this issue, international students are often not able to work off-campus because of their visas. This means their only option for work would be paying them less than they should be making with tuition rates most likely increasing.

Students are already not able to use the income from on-campus employment to completely pay for college because of the pay and hour restrictions, so making it even more difficult to earn money would be adding insult to injury.

The state and national trend has been to cut higher education funding. Missouri ranked 45th in higher education funding from 2016 to 2018, according to Grapevine data in a Politifact article. Students need all the help they can get financially.

The cycle has proceeded as follows: Funding gets cut to higher education, tuition rates increase, and students bear more of a burden financially.

Hopefully, Student Senate has a chance to help pull students out of the hole. Hopefully, they don't grab a shovel instead.



CHRIS YOUNG | NW MISSOURIAN

OUR VIEW:

Democratic hopefuls not representative of party

It's been almost seven months since the first Democratic debate for the 2020 presidential election kicked off a political cycle that then-seemed fresh.

There was Kamala Harris, only the second black woman to serve in the U.S. Senate. There was Andrew Yang, an Asian-American entrepreneur. There was Cory Booker, an African-American senator from New Jersey. There was Julian Castro, a Mexican-American and the former housing secretary. There was Pete Buttigieg, the mayor of South Bend, Indiana, who is openly gay.

The field was all-inclusive. Those were the days.

In the latest installment of the Democratic debates, which aired on CNN Jan. 16, there were just six candidates left who qualified to participate. There was still Buttigieg who sits firmly in Iowa's top-four candidates according to the latest poll from The Des Moines Register. There was Sens. Elizabeth Warren, D-Mass., Bernie Sander, I-Va., and Amy Klobuchar, D-Minn. And there was Tom Steyer, the former executive who's bankrolling much of his own campaign.

There were more billionaires on the stage than there were black people, vying for the nomination of a party in which at least 39% of voters are racial minorities, according to the Pew Research Center, which is, of course, insane.

There has been an utter failure within the party to support minority candidates, both in the polls and in donations, according to USA Today. And the DNC's own qualifications for the latest few rounds of debates have undercut the party's own mission.

The DNC refused to lower the requirements, failing to provide a platform to some of the only racial minorities who maintained a legitimate shot at winning the election.

Harris, Castro and Booker, three of the candidates who embodied the Democrats' diverse field, all failed to qualify for the DNC's December debates, all withdrew from the election before the January debate rolled around and all cited a lack of fundraising as a factor in their decision.

In his 11-month campaign, Booker raised \$22.1 Million, according to The New York Times, which was less than Sanders, Buttigieg and former Vice President Joe Biden each raised in the fourth quarter of 2019 alone. Grassroots Democrats and the establishment's continued infatuation with white candidates and refusal to support racial minorities within the party for the presidency is both hypocritical and opposing to what the party is trying to accomplish, a problem that didn't go unaddressed in this week's debate.

"We need a candidate who will excite all parts of the Democratic Party, bring everyone in," Warren said on the Des Moines debate stage.

A 70-year old, overly-ambitiously progressive white woman with a net worth of more than \$10 million lecturing the nation on the need for inclusion, standing on a stage with five other white people. This is the state of the Democratic party, looking and sounding a lot like what it did in 2016.

Students responsible for own footprint

KAITLIN GRAHAM
Opinion Columnist
@TheMissourian



As we all know, climate change is a big issue in the world today and the environment needs our help. According to National Geographic, climate change is defined as "the long-term alteration of temperature and normal weather patterns in a place."

Evidence of this has been found in the form of rising sea levels and increasing temperatures. The National Ocean Service states, "Sea level continues to rise at a rate of about one-eighth of an inch per year."

Because of this, flooding has been an average of 600% more frequent in U.S. coastal communities than it was only 50 years ago, according to the National Ocean Service.

The environment is damaged and everyone needs to do their part

to limit additional damage.

Another impact of climate change that can be seen is increasing temperatures, which also contribute to rising sea levels. Temperatures are rising due to things like pollution from fossil fuels and the emissions of greenhouse gases into the air.

Students should try their best to cut down on plastic waste whenever it is possible because the mass production of plastic is a big contributor to the effects of climate change. There are a few simple things that students can do.

First, recycle. There are recycling bins in nearly all of the buildings on campus. People have no excuses for throwing papers in the trash can rather than the recycling bin.

Another thing students can do to help the environment is to seek out companies that are environmentally conscious.

One can find out if a company is helping or hurting the environment by checking their website. Corporations

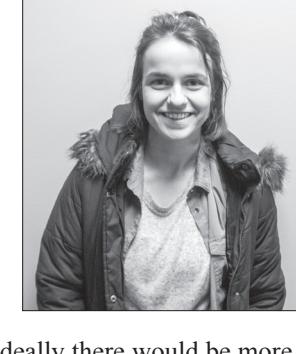
are the biggest contributors to climate change, so by only buying things from corporations that are environmentally friendly, people can decrease the effects of climate change.

Doing this won't cost people any extra money because the products that they can buy from the companies are products that they would already be buying. Doing this is an effective way to decrease the individual's impact on climate change because it will decrease the pollution caused by corporations that are not environmentally friendly.

One more option students can choose to reduce their impact on climate change is stock up on reusable products. Using things like reusable straws, water bottles and bags make a big difference.

Students might be thinking, "I'm a college student, and reusable products are expensive." While it's true that buying reusable products can cost them some money upfront, they will save money in the long run because they won't have

YOUR VIEW:
Is the Democratic field diverse enough?



"Ideally there would be more people of color at this point. You'd like to see that — especially women of color. I'd hate to say it's better than nothing, but we're seeing some women and one singular person of color left (Andrew Yang), so I think it could definitely be better."

- Natalie Coté | Junior
Emergency & disaster management



"No, it's not diverse enough because there aren't enough minorities. I feel like the DNC could have changed some of the rules to make some of the candidates of color — to make it easier for them to get into the (January) debate."

- Jake Bartz | Sophomore
Political Science



"I think the candidates right now aren't very diverse because everyone that was, like, of different ethnicities — they dropped out. So now it's kind of the same people thinking the same things, so no, it's not diverse."

- Dymond Simmons | Freshman
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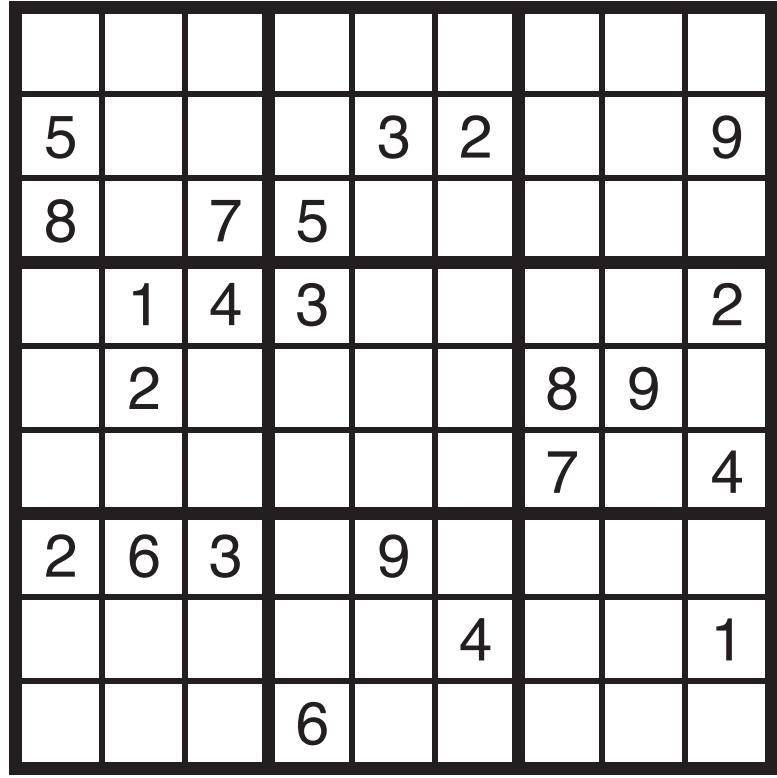
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SUDOKU

By MetroCreative



HOROSCOPE

By MetroCreative

ARIES – Mar 21/Apr 20
There is more to a situation than meets the eye, Aries. Delve a little deeper this week to get to the truth. Uncovering the truth will allow you to move forward.

TAURUS – Apr 21/May 21
Taurus, take a break for a few days to recharge your batteries. If you work too hard, you are going to suffer from burnout. Make this a week of rest and recreation.

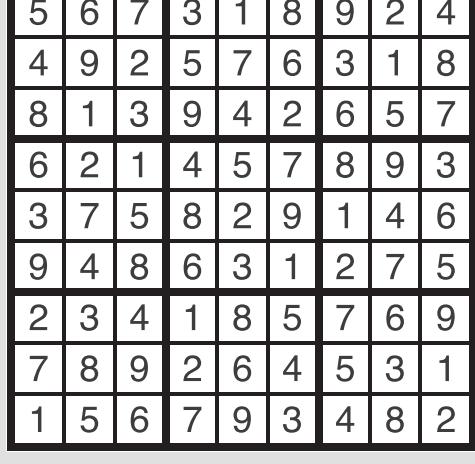
GEMINI – May 22/Jun 21
You have a funny way of looking at things sometimes, Gemini. That can work to your advantage in providing a fresh perspective that others may overlook.

CANCER – Jun 22/Jul 22
Cancer, when you are approached with a potential career opportunity, do not immediately dismiss it. It may not be the right time currently, but take inventory of your future goals.

LEO – Jul 23/Aug 23
This week you need to make your mark in some way, Leo. You have many clever ideas circling in your head that want out, so think of how you can deploy your creative side.

VIRGO – Aug 24/Sept 22
Virgo, accept help when it is offered this week, even if it tugs at your pride a little bit. Sometimes even the strongest can benefit from a shoulder to lean on.

Last Week's Solutions



New year, new me?



CROSSWORD

By MetroCreative

CLUES ACROSS

1. Class
6. Husband or wife
12. All the same
16. Exclamation of surprise
17. Lived in
18. Hawaiian entertainer
19. Of I
20. Belonging to me
21. One thousandth of an inch
22. Midway between south and east
23. Article
24. Pitchers have them
26. Steps
28. Mars crater
30. ___ route: on the way
31. Diego, Francisco, Anselmo
32. A baglike structure in a plant or animal
34. These three follow A
35. Frail
37. Platforms
39. Level
40. Computers
41. Where spiders live
43. An enemy to Batman
44. Mineral
45. Body part
47. Give
48. Atomic #21 (abbr.)
50. European tax
52. Bleated
54. Capital of Norway
56. Pa's partner
57. Stephen King's clown tale
59. Atomic #50
60. Military policeman
61. One quintillion bytes
62. Where impulses manifest
63. Offers as a candidate
66. Spielberg film
67. Great job!
70. Live in
71. Cares for
73. Moves in water
74. Diminutive
75. Old English letter
76. "Save the Last Dance" actress
77. Dab
78. Digits
79. Female cattle's mammary gland
80. Yes
81. Improves
82. We all have one
83. Book of Esther antagonist
84. Invests in little enterprises
85. Organs that produce gametes
86. Mediterranean city
87. Peter's last name
88. Unhappy
89. Swollen area within tissue
90. "No ___!"
91. Soap
92. Chop or cut
93. "Atonement" author McEwan
94. Bullfighter
95. Of the universe
96. Founder of Babism
97. Not good
98. Large, flightless bird
99. Punitive
100. Makes less messy
101. Belts out a tune
102. Aboriginal people of Japan
103. An eye protein
104. Broad sashes
105. Actress Spelling
106. Distribute
107. Unpleased
108. Body art
109. Midway between north and east
110. Overdose

CLUES DOWN

1. Form a whole
2. Indicates position

A walk with Matt Tritten



Matt Tritten, who lives close to a mile away from Bearcat Arena, walks to work as often as he can for weekend games ahead of preparation for his broadcast responsibilities as the color analyst for KXCV.

Bearcat Radio analyst, Northwest graduate reflects on path home

ANDREW WEGLEY
Managing Editor | @andrewwegley

For at least the last four years, Matt Tritten has been decidedly sure of where he is headed.

This was true at 11:30 a.m. Jan. 4 when he emerged from his two-story Maryville home and out into the 30-degree air. Tritten, the underwriting sales associate for KXCV-KRNW and color analyst for the Bearcat Radio Network, stepped down a flight of concrete stairs and began to walk toward Bearcat Arena.

He walked away from his home, which sits just south of First Street, and away from the truck stowed away in his garage, one that could have delivered him to Bearcat Arena quicker than his own two feet, and still, one that he avoids as much as he can.

For a January day in Maryville, the weather wasn't bad. The sky was cloudless. The wind was calm enough for Tritten's truck to remain garaged and for the 30-year-old, wearing a pair of light-wash jeans and a light-weight North Face jacket adorned with a Bearcat Paw, to start his 11-minute walk to work.

His path was not the most efficient, Tritten said. But it's the path he takes.

"Gets me hyped up a little bit more before the game, I guess," Tritten said.

Tritten, 30, doesn't ever get stopped by Northwest fans or community members on his introspective walks to the stadium, he said. He isn't near famous enough. He isn't sure who the most famous person in Maryville is, but he spends a lot of time over the next several days thinking about who it might be. He is sure it's not him.

With Tritten, this sense of modesty is always present. Two and a half minutes into his trek to the arena, he insisted he is not recognizable. Five minutes into his walk, he was waved at from across

the street by a middle-aged couple clad in Northwest gear. He waved back, then swore that he didn't know the pair of Bearcat fans.

Perhaps that's why Tritten moved on from KQ2 after five years but didn't really move up. He stayed in St. Joseph and took on a role as an assistant general manager for the St. Joseph Mustangs.

In his time at KQ2, though, Tritten was focused on being himself, even while everyone was pushing him to be someone else. Stuart Scott had a catchphrase. Tritten didn't want one.

"Everybody was like, 'What's your catchphrase?'" Tritten said. "'Be good first. I'm still not any good at what I'm doing, so why would I have a catchphrase?'"

Tritten joked his way through the same interaction more than once back then, providing insight into a sort of authenticity not always seen in local television. He was and is down to earth. He admits there is a certain sized ego that comes as a natural prerequisite for pursuing a career in broadcast, but he has kept that baggage checked at every stop of his career.

Perhaps that's why Tritten moved on from KQ2 after five years but didn't really move up. He stayed in St. Joseph and took on a role as an assistant general manager for the St. Joseph Mustangs.

er market. His ESPN dreams were beyond deferred.

The decision to retreat to Northwest and KXCV was, on the surface, the opposite of what Tritten originally wanted. But the 30-year-old has leaned into it. After first saying that he expected to pursue a bigger market after St. Joseph, Tritten reneged. That narrative isn't honest with himself.

"You know, I kind of said all this B.S. about wanting to be, like, a national whatever," Tritten said. "But then I thought about it more, and I think I was always cut out to just stick around here anyway."

The leap Tritten took in 2017 brought the small-town native and his small-town wife, Madi, back to another small town. And it brought Tritten back to Coffey, the guy who reached out and helped him land the underwriting sales job at KXCV, the guy who has served as the voice of the Bearcats for more than 20 years and the guy who was waiting on Tritten in the booth Jan. 4 when he arrived at Bearcat Arena.

Coffey, of course, is the man who has occupied the other half of the booth at Bearcat Arena for more than three decades, who might actually be the most famous person in Maryville. He is, at the very least, ahead of Tritten on the hypothetical list. Tritten has no plans to pass him.

Coffey and Tritten have been broadcasting together for parts of five seasons now, sitting next to each other in the press boxes of various athletic venues, but they don't have any specific routine — a strict pattern would be the opposite of their working goal: to keep the broadcast fresh.

"I'd hate to be too artificial," Tritten said.

Coffey and Tritten have a strong chemistry, both on and off the air, perhaps highlighted and embodied by the fact that Tritten will do

pretty much anything to see if he can make Coffey laugh on air.

In the early-going of Northwest men's basketball's matchup with Washburn Jan. 11, Coffey, serving in his normal role as the play-by-play announcer, narrated to legions of

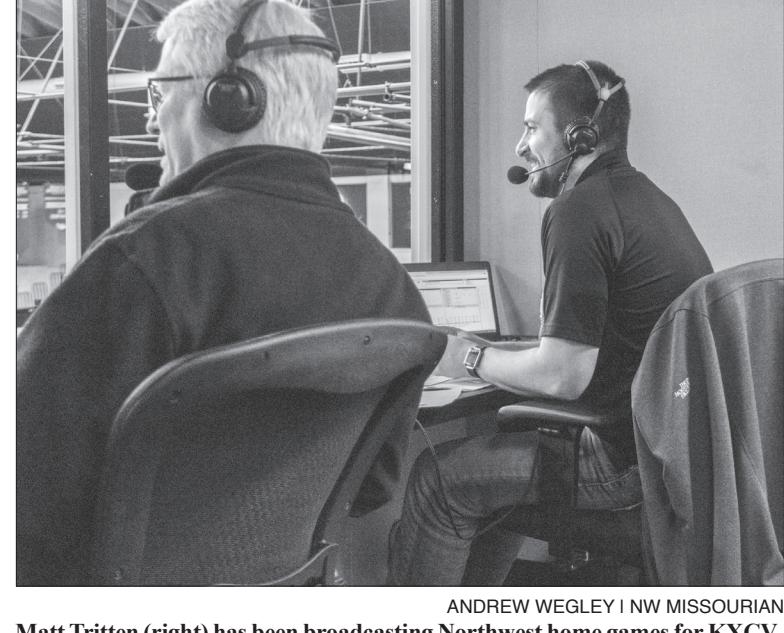
Northwest fans as Washburn's Jalen Lewis let go a midrange shot, hoping to narrow Northwest's 7-2 lead.

"Jumper from 12 feet out went 10," Coffey said. "And the rebound goes to Northwest..."

Time marched on. Coffey continued to provide play-by-play for the next 13 seconds — a near eternity in the realm of broadcast — without a word from Tritten. When he finally saw an opportunity to speak, to add color to Coffey's sketched canvas, Tritten reverted back to the missed jumpshot. He had something to add.

"That might be the most polite way to say 'airball' I've ever heard," Tritten said as Coffey started laughing on the air. "Shot from 12 feet, only went 10 feet. That's why you're the best, John Coffey."

The moment served as the ideal snapshot for what the pair has done



ANDREW WEGLEY | NW MISSOURIAN
Matt Tritten (right) has been broadcasting Northwest home games for KXCV-KRNW for the last five seasons.



ANDREW WEGLEY | NW MISSOURIAN
Matt Tritten interviews Northwest women's basketball player Mia Stillman for a KXCV segment ahead of the Bearcats matchup with Rogers State Jan. 6.

together for parts of the last four years, depicting the genuine relationship they share both on and off the air. While Coffey paints a picture, Tritten thinks of one-liners. More than anything, it seems, he wants listeners to have as good of a time as he is.

"It's more than just the X's and O's, I think, of the game," Tritten said. "Which is good, because I'm not a very bright guy."

More than four seasons into the job, Tritten still seems unsure if he's any good at it. He's the No. 2 man on his own broadcast crew and claims he's No. 3 in line for Coffey's throne as the voice of the Bearcats.

"He's definitely in the right place at the right time," Coffey said.

The right place at the right time is where Tritten has always seemed to be. But, he insists, he is not the heir to Coffey. He doesn't really want to be, either.

It's entirely possible, Tritten said, that Coffey's tenure, already nearing its fourth decade, outlasts his own residence in the radio booth.

Where that leaves Tritten is unclear, at least externally. His position as an underwriting sales associate is unconnected from his broadcast career. He might still be doing both in 10 years. He might be doing neither.

"I assume I'll be right here," Tritten said.

If he never succeeds Coffey, and even if he does, Tritten likely won't be the most famous person in Maryville. And he is more than OK with that. He doesn't care to be the center of attention, he said.

And maybe that's why, on the

surface, Tritten has settled where he is, never chasing the dreams he always planned to. He's OK with that, too. He achieved moderate fame in St. Joseph as an on-air talent. He helped run an independent baseball team. But where he is now, Tritten said, is where he should be.

"I feel more relaxed and just kind of at ease with everything than I have in a long time," Tritten said. "I don't know if that's asbestos in the house that's putting me to sleep at night or if it's just being in Maryville again, but I feel pretty good."

At the end of most of his broadcasts, Tritten doesn't rush, but doesn't meander, either. He packs up with purpose and gets set to head home. With Nolan and Madi waiting, he said, he gets home as quick as he can these days. Nothing was different Jan. 4. After seven hours of preparation and downtime and joking around and broadcasting, Tritten exited the press box and wished Coffey a good night.

Tritten walked out of Bearcat Arena into a climate that was decidedly colder than it had been seven hours before. But he didn't complain. Despite the biting cold, Tritten kept his hands outside of his pockets for his entire walk home. He took a slightly different route than he did to start his workday, but he is sure of where he is going.

"I'm not looking for what's next," Tritten says, in reference to his career path, but at this moment, it feels dual-purposed. "I know where I'm headed."

Eleven minutes after he leaves Bearcat Arena, Tritten is where he is supposed to be. Matt Tritten is home.

I'm not looking for what's next. I know where I'm headed."

-MATT TRITTEN

The plan was to stay with the Mustangs for at least a few years. The plan changed a year into Tritten's tenure with the Mustangs when he got a call from John Coffey, who then served as the station's sports director, about a position at KXCV.

"I was hoping, five-six years, then I'll find a way to get back up here (to Northwest)," Tritten said. "But if I didn't jump at that one, you just don't know when that next opportunity might come, so I made the leap."

The leap, of course, took Tritten into his underwriting sales position at KXCV, a job he was only qualified to fill after his year with the Mustangs.

And the leap took Tritten away from the path that he once thought himself to be on. He moved into a more stable role within a small-

"Those are just friendly Maryville people who wave," Tritten said.

There was still close to two hours before Northwest women's basketball was slated to tip-off against Northeastern State, and Tritten was headed to a broadcast booth that watches over Bearcat Arena, one he's helped occupy in some capacity for the last four years.

Tritten, who was raised in a Christian household in Union Star, Missouri, graduated from the town's namesake high school in 2007. With a population hovering at less than 500, the extent of Union Star's amenities included a single gas station. The nearest Walmart was 20 miles away.

Upon moving to Maryville to pursue a degree in broadcast, the newfound array of fast food restaurants and pizza delivery options at Tritten's disposal served as a revelation.

New tattoo artist joins local scene

ABBEY HUGO
Copy Editor | [@abbey_hugo](#)

The list of local tattoo artists experienced some growth while Northwest students were away for break.

There's a new kid on the block, with Inque Jester Tattoo and Westside Tattoo sitting nearly catty corner from one another along Main Street.

Westside Tattoo sits on the west side of the street and has been a part of the Maryville community for 18 years. Inque Jester Tattoo moved into its location on the east side of the street, sharing a building with The Salon Advantage, just about four weeks ago.

Rich Chance, Inque Jester Tattoo owner, has been a tattoo artist for 24 years and has worked in many places across the country, including Colorado, Wyoming and Arizona. He was most recently located in Bernard, Missouri, but decided to make the leap into town.

"Moving it into town was going to make it a much better of a shop," Chance said. "We kind of just had to jump and just do it. With the college and not a really well-established, I'm going to say, tattoo shop here already, figured it'd probably be the best place to put it."

Greg Brumley, Westside Tattoo owner, is not concerned about the new competition.

"I'm not worried about him. I've taken out ... other shops," Brumley said. "I've been here way too long."

Brumley said his unbeatable prices and the loyalty he's established with his customers, especially college students, will continue to maintain his success.

Chance, however, prides himself on not being "the same kind of tattoo guy" as most.



RICH CHANCE, OWNER OF INQUE JESTER TATTOO, OPENED HIS OWN BUSINESS INSIDE OF SALON ADVANTAGE AROUND FOUR WEEKS AGO.

RACHEL ADAMSON | NW MISSOURIAN

"I'm trying to change things by being not so same as other shops," Chance said. "A lot of people associate tattoo artists with bad people, and that's what I want to try to get out of, especially in a small town like this."

Before discovering his current location, Chance called multiple places in town to see if he could rent a space, but many did not want a tattoo shop in their building. Brumley has faced similar issues throughout his time in town, having moved twice over the years as a result of negative responses in previous locations.

With a necklace of silver skulls dangling around Chance's neck, a stud piercing through his cheek and tattoos lining nearly every inch of his arms, legs, and even one poking out below his black hat, Chance acknowledged, "I'm fully tattooed; some people say I look like a scary guy," but he said does all he can to ensure people's

experiences with him, and in his shop, are not scary ones.

He doesn't play music that is too "hard" or too loud, he tries to "be cool with everybody," he keeps his space clean and is an advocate for shop inspections being more frequent and more thorough throughout the state, but most importantly, he establishes personal connections with his customers.

Emily Weed, a Maryville resident who received a tattoo from

A&G offers popular daily soup special

SARA ROBKE
A&G Reporter | [@TheMissourian](#)

Established by George Groumoutis over 40 years ago, A&G Restaurant has been family-owned since 1975. Home to a variety of Greek dishes, A&G is a favorite among Maryville residents and college students.

This family-owned restaurant started its Souper Bonanza in the first week of October. That's right — A&G Restaurant has been offering all you can eat soups, salads and breadsticks since the fall for \$9.00.

Deno Groumoutis, the general manager of the restaurant, said the majority of the soups are homemade and have been for the last 10 years. The joyous taste of a different variety of soups such as poblano cheese, vegetable beef, French onion and more are included in the Souper Bonanza special. This deal is offered from 11 a.m. to 2 p.m. on weekdays featuring different soups

each day.

"The Souper Bonanza is not only geared toward local residents but also for college students," Groumoutis said. "It's something different for them, a way to fill them up."

Luke Sanders, a graduate student who works for Northwest Athletics, is a regular customer at A&G.

"I usually go once every week or two," Sanders said. "But I go a lot more during the Souper Bonanza, like once a week."

Sanders recommends to try all the soups at some point. While his friends prefer the lasagna soup, Sanders' favorite soups are the baked potato soup or the poblano cheese. Not only does Sanders enjoy the healthiness of the food, he also appreciates the price.

"It's a cheap way to eat a lot of food," Sanders said. "It's \$9.00, so it's positive for both your bank account and your health."



POBLANO CHEESE SOUP, ONE OF SOUPER BONANZA'S MOST POPULAR, IS OFTEN ENJOYED WITH A SALAD AND BASKET OF SOFT, WARM BREADSTICKS AT A&G RESTAURANT.

MADI NOLTE | NW MISSOURIAN

Sanders also explained that because of the price and the amount of food that is available, the Souper Bonanza is a value to college students more than the community.

"People walk in and find a bunch of college students there, because they found something they can afford to eat," Sanders said.

Sanders would recommend any college student to go since the Souper Bonanza is a way of offering college students a much healthier and cheaper way to eat different kinds of soups, salads and breadsticks.

Sanders usually goes with his friends during the lunch hour to participate in the Souper Bonanza. The prime time for Sanders to enjoy his soup is at either at 11 a.m. or 1 p.m. but never at 12.

"There's a science to it," he said.

This tasty deal has caught the eye of many of the college students on the Northwest campus, but that is not the only purpose it has served. The Souper Bonanza has also been able to assist the St. Francis Hospital organization. In Dec. 3, A&G had its fourth annual Giving Tuesday Event for St. Francis Hospital. This event involves multiple donors giving a dollar for every soup that was purchased on Dec. 3rd to the St. Francis Hospital organization.

The Souper Bonanza has been beneficial to both the community and college students. This daily lunchtime offer, however, is only available yearly from October through March.

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Chance during his time working in Bernard after a friend recommended him, said Chance made her feel like he really cared. She had previously had a negative experience when getting her first tattoo done out of state.

"I thought the tattoo artists were very cold and didn't really care about their customers," Weed said, "When I went with my friend ... to her tattoo appointment with him (Chance), I was like, 'Wow, this guy is really, really nice and down to earth.' And he makes you comfortable; he's not like some weird guy in a tattoo parlor. He's professional, but he then he also makes it personal."

Chance said he patiently sits down with customers to discuss what they want.

"I'll sit with you; I'll work with you through whatever, however you want it," Chance said. "I'm going to ask your advice and get you what you want, not what I think you should get. I give you suggestions, but I'm not going to pick it for you."

Every tattoo Chance does is custom, and Weed was impressed by his dedication to personalization but also his ability to make strong, creative suggestions.

"He'll talk to you and explain things to you, and he's really open to what you want to do. If you want your tattoo a specific way, he's going to help you get it exactly how you want it," Weed said. "He talked to me about it, and he kind of got a feel for my personality and then did all this, which is pretty awesome."

The system for designing a tattoo varies greatly by artist.

FULL STORY ONLINE:
[NWMISSOURINEWS.COM](#)

THE STROLLER:
Your

Bearcat
needs
an ice
scraper

It's been a minute. When I left for break, it was like 28 degrees with a wind-chill of five, or something. But the snowfall was minimal and the potholes, for the most part, remained hidden.

Maryville was thriving, at least by Maryville standards. And now we're back down to earth.

I'm not annoyed that I chose to come to a school where the sun only shines for four months a year. I'm annoyed about my lack of warning. They should send you an ice scraper with your acceptance letter here. They should give you snow boots with your textbooks.

There's not much I can do about it now, but I sure can complain. All I'm saying is if Northwest can send me a reminder to complete my enrollment verification, they could have at least told me in advance that I'd have to bring my own shovel to clear off the only staircases anyone actually uses.

How am I supposed to have time to apply to transfer to a southern school if Maryville's idea of snow removal is just sending us all outside to clear off the space in front of our own driveways? And how can I afford an application fee when I have to budget a cool \$500 into repairing my car after driving down Walnut four times a day for the next four months?

There is no real solution here. Just snow and cold and potholes and seasonal depression that lasts longer here than anywhere else. So tell the campus tour guides to be a little more forthcoming on those mid-August visits. And maybe give a more accurate definition of those heated sidewalks. And maybe — just maybe — mention the wind on the brochure?

The Stroller has been a tradition since 1918 and does not reflect the views of The Northwest Missourian. Submit a Stroller to [northwestmissourian@gmail.com](#).

TOP 10
CONTINUED FROM A12

In the game after this list is published, Hudgins will hit one shot and surpass the 1,000-point mark, not even halfway through his sophomore season. For the purposes of this list, that is not relevant. What is, though, is what he did for the 49 games he played in the 2010s. He only lost one of them.

"Dude," Brandon Zennner, who has covered Northwest sports in some capacity for the last decade, said in a text message, "Trev is gonna shatter Justin (Pitts)'s records, I think."

7. Chris-Ebou Ndow (2014-2018)

Chris-Ebou Ndow's spot on this feels pretty secure. The Norway native was the 12th player in program history to score at least 1,000 points and pull down at least 500 rebounds. And he did so in just three seasons, missing out on a fourth year of eligibility due to bizarre NCAA rules and some time Ndow spent with an amateur team in Norway before his time at Northwest.

Ndow was never an All-MIAA first-team talent — the closest he ever came was second-team in his last season. He was just a consistently good player for three years and a physical presence on a team that won a national title. He averaged 11.9 points per game over his career and pulled down 6.9 boards per contest. He was a really solid player.

It's fair to wonder, though, where Ndow would be on this list had he played in the 2018-19 season. He might've challenged Joey Witthus for MIAA Player of the Year. He could have rivaled Hawkins for the conference's Defensive Player of the Year award. He could have been the best player on a 38-0 National Championship team.

Instead, his eligibility expired and Ndow returned to Norway to get paid to play basketball and won Eurobasket.com All-Norwegian BLNO Player of the Year, Domestic Player of the Year and Forward of the Year. Sounds a lot cooler than another national title and a higher spot on this list.

"We probably could have applied and probably could have got half his year (of eligibility) back," McCollum said. "But he ended it the way he wanted to end it."

6. Ryan Welty (2016-Present)

It's kind of tough to make a case for a lot of the active players on Northwest's roster. It is not tough to make a case for Ryan Welty.

He hasn't won any conference honors like a lot of his teammates throughout the years — his highest league honor so far came last year in the form of an MIAA Honorable Mention. But he's been a model of consistency for the last three years, and more importantly, he's been lights out from three.

At the start of this season, Welty was the NCAA's active 3-point percentage leader. That's not just Division II; that's the entire association. He already sits fourth all-time in program history with 209 three-point field goals made, and he'll be third on the list by the time he graduates.

Welty is the only player to log minutes in both of Northwest Division II National Championship wins. That stat alone could have got him on this list, but it's tough to put into words or numbers how impactful his presence on the court has really been.

"What Welty did to space the floor for four years," John Zetmeir, who covered Northwest from 2016-18 for the St. Joseph News-Press, said in a text message. "He was the perfect player for the program, and he's still really good."

5. Dillon Starzl (2010-2014)

It's tough to get a full sense of Dillon Starzl's impact on Northwest men's basketball if you never watched him play. I can confirm this, of course, because I never watched him play. His stats are high-caliber — he was only the 11th player in program history to record at least 1,000 points and 500 boards — but his on-court prowess was, reportedly, next level.

Starzl was always going to be on this list, but I never expected to rank him this high. This was another instance of McCollum's recollection and testimony swaying the court of my own opinion. Starzl's build and play style seems nearly obsolete just six years after his graduation. But things were different six years ago.

"He's a different player than what you're watching now with all the stretches," Austin Meyer, who served as a Northwest men's assistant coach from 2008-2018, said. "He was a legitimate post player."

"He was a monster," McCollum said. "He changed our whole program. He was the highest-level re-



AMANDA WISTUBA | FILE

Northwest coach Ben McCollum coaches Ryan Hawkins (33), Ryan Welty (44), Trevor Hudgins (12) and Joey Witthus (30), all of whom made the Top 10 of the 2010s list.

cruit that we've had."

Also, field goal percentage might not mean a whole lot for moderate-volume-scoring forwards, but Starzl made shots at a higher clip than anyone in the history of the program at 60.8%. Take that for what it's worth.

4. Zach Schneider (2013-2017)

There's a story about Zach Schneider — I've heard it told a few times now. At some point during his Northwest basketball career, in some practice or shoot-around or workout, he took 20 shots from five different spots beyond the arc, almost like the NBA 3-point contest, but with higher volume and lower stakes. Schneider, the story goes, hit 95 of the 100 shots he took.

There's a lot I could say about Schneider, but I think that story says more. It's either true — which would be impressive and insane — or it's not. But even if it isn't, even if it's been hyperbolized and exaggerated over the last few years, Schneider was good enough from the 3-point line that the account is at least believable.

"Yes," Meyer said. "One hundred percent (true). Ninety-five of 100 on the five spots, so 20 at each of the five spots."

A player has made at least 91 treys in a season just five times in the history of Northwest basketball. Three of those instances were Schneider. He made more treys

in his career (370) than anyone else in the history of both the program in the conference. And it really isn't that close. Zach Schneider walked so Ryan Welty could run.

3. Joey Witthus (2017-2019)

Maybe there's some recency bias here putting Witthus, who played just two seasons for Northwest after transferring from Minnesota State-Mankato before the 2017-18 campaign. But maybe Witthus would be even higher on this list had he played four seasons in Maryville.

Of course, he didn't. But two seasons was enough for Witthus to earn the No. 3 spot on this list. He won the MIAA Player of the Year award in his last season, which might be the least impressive thing he did. He was the Basketball Times National Player of the Year. I'm still surprised he didn't win the Bevo Francis Award.

Northwest doesn't win a title in Evansville, Indiana, last March without Witthus. You could say that about any player in the lineup or on the roster, but it's more true about him than anyone else. He scored 780 points last year — more than any other Bearcat ever has in a season. And he had a cool nickname.

"Joey Buckets," McCollum said after the National Championship win. "That's what he does. (He) gets buckets."

2. DeShaun Cooper (2009-2014)

If you haven't heard of DeShaun

Cooper, it's because he doesn't get enough credit. The first year of his career — an impressive season that came with an MIAA Freshman of the Year award — came before the start of this decade, but he did more in three healthy years than most do with four.

Cooper sits fifth all-time in scoring for the Bearcats with 1,702 career points while logging close to 500 assists. He made the MIAA first-team twice and was the Player of the Year once. He was an NABC All-American. And perhaps most importantly, Cooper helped deliver Northwest to its first national title in 2017 and won the Division II tournament's MVP award. His list of accolades goes on and on and on and on.

For Northwest, Pitts seemed like a once-in-a-generation-type point guard. But with the next decade's outcome still pending, it sure looks like he taught Hudgins everything he knows. It's tough to put his impact into words, but Zennner, who serves as the sports director at the St. Joseph News-Press, did so well:

"Justin Pitts brought Northwest basketball to what it is today," Zennner said via text. "Because of Pitts' influence on the program, Bearcat Arena is packed shoulder-to-shoulder on a nightly basis."

Matt Tritten, who covered Northwest for KZLX and KQTV for the extent of Cooper's career, said.

1. Justin Pitts (2014-2018)

No. 1 on this list was never going to be anyone else. Pitts isn't just the best player to suit up for the Bearcats in the last decade — he's the best player to ever wear the uniform at all. His list of career accomplishments probably stands taller than the point guard himself, who is listed at 5-foot-10, but who is probably closer to 5-foot-7. The latter fact might be ideal for Northwest. If Pitts was closer to 6 feet tall, he would have been playing basketball at a higher level. He probably should've been anyway.

Pitts scored 2,459 points in his career at Northwest, 664 more than the next closest Bearcat. He was the MIAA Player of the Year three years in a row from 2016-2018. He won the Bevo Francis in 2017 and was a finalist in 2018. He led Northwest to its first national title in 2017 and won the Division II tournament's MVP award. His list of accolades goes on and on and on and on.

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Maryville boys fight uphill battle

JON WALKER
Sports Editor I @ByJonWalker



Coming off of a historic campaign a season ago, Maryville boys basketball knew that it would have its challenges.

The program that finished last season 23-3, won the MEC and was claimed Class 3 District 16 champions, is the same program that started its conference slate with a 2-5 record.

The path, thus far, hasn't been easy. Nonetheless, it's a path the Spoofhounds must go down. This season, the conference opener was against MEC foe Lafayette. The performance, for Maryville, was symbolic of everything this season has represented to this point.

Maryville's roster, one that consists of substantially less experienced talent compared to the 2018-19 season's, has endured its fair share of roller coaster moments. The game against the Irish would prove to be no different.

"From where we started the season, to where we are now, I'm so much happier and pleased," Maryville coach Matt Stoecklein said.

Where the Spoofhounds reside now includes a loss to Lafayette, perhaps one that shouldn't have been.

Leading 17-9 at the end of the first quarter, a win appeared attainable. After having a 27-19 advantage at the half, a win was 16 minutes away from being a sure thing.

With a little over four minutes left in the third quarter, the lead was nonexistent, the hopes of a win dissipating.

An all-around onslaught by the Irish left Lafayette with a 36-33 advantage after three quarters. The lead, one that the Irish grew accustomed to, was in jeopardy with 17.5 seconds remaining in the fourth quarter.

After freshman phenom Caden Stoecklein buried a three from the corner, the hope came back. And



JON WALKER | NW MISSOURIAN
Maryville boys basketball senior guard Tate Oglesby scored 16 points in the Spoofhounds' 48-45 loss to Lafayette in the Hound Pound Jan. 9. The loss marks the third straight loss via the Fighting Irish.

as quick as it came back is as quick as it left.

A last-second desperation shot to tie the game left Maryville with a heartbreak at home and a loss to Lafayette for the second year in a row.

The loss, Matt Stoecklein said, boiled down to failed execution throughout the stretch. The inexperience, he added, held the Spoofhounds to a disadvantage.

"We'll go back and watch film, and then we'll go back and recreate those situations," Matt Stoecklein said. "You go over those things and

you go over them in practice again and again, and the players just gain experience in those situations."

"I mean, we only have a couple of kids with varsity experience," Caden Stoecklein added.

The two with experience are represented by senior Tate Oglesby and junior Ben Walker. The very duo that led the charge for the Spoofhounds' football team in the fall now leads the charge on the court.

Combined, the pair has one win against the Irish. Whether it be considered luck, or something else, the

Spoofhounds have struggled when playing Lafayette. Despite the lopsided history, Irish coach Kevin Bristol saw a Maryville team that plays better than its record shows, Bristol said.

"I mean they're a good team," Bristol said. "With Maryville, they're always tough."

The loss for Maryville, of course, leaves room for improvement among the conference. With the heart of their MEC schedule ahead, the Spoofhounds will have plenty of chances to do that. The

UP NEXT

Maryville v Falls City
7:30 p.m. Jan. 16
'Hound Pound'

record doesn't show the team that they are, Caden Stoecklein said. The team to come, he added, is one to watch out for.

"We're just going uphill from now on," Caden Stoecklein said. "Our record doesn't show that, but we're growing as a team."

Northwest aiming for success at Division I meet

NATHAN ENGLISH
Sports Reporter I @ThananEnglish



Northwest track and field opened the season with a rather impressive showing at the Mel Tjeersma Classic Dec. 6-7 at Hughes Fieldhouse. The Bearcats look to continue that success in the "Cornhusker State" as they travel to the Graduate Classic meet at the University of Nebraska-Lincoln Jan. 16-17.

The men's and women's teams took home many first-place finishes and the women even eclipsed a couple of program records via Hiba Mahgoub. The senior sprinter set program records in both the 200-meter and 400-meter dash, both of which were good enough for first-place finishes.

Mahgoub, along with runners senior Jordan Hammond, fresh-

man Tiffany Hughey and sophomore Addie Palser, secured a second-place finish in the women's 4-x-400 relay, finishing with a provisional qualifying time of three minutes, 51 seconds and 44 milliseconds.

Mahgoub credits her early success to her summer training and workout program designed by coach Brandon Masters.

Senior Tyrell Maddox also made a huge contribution in his first meet, winning the 800-meter dash and being apart of the winning men's 4-x-400-meter relay with teammates sophomore Omar Austin, junior Caleon Harkey and sophomore Abdelrahim Mahgoub.

Maddox, a transfer from Army-Westpoint, mirrored a thought process of NBA star Joel Embiid's when realizing how he was successful.

"Trusting the process," Maddox said.

Maddox also gave credit to Masters for his hot start.

"Coach has really done a good job at integrating me into this program and getting me up to speed and working on some things I was lacking at my old school," Maddox said.

Masters is in his second year at the helm of the Northwest track and field program and expected a fast, but not technically sound, start to the year.

"We'll be 'pretty' later," Masters said. "I think as far as our technical aspect, we are fit and fast right now."

Good marks were expected, Masters said, and was pleasantly surprised by some of the marks the men and women achieved at the meet.

Both Maddox and Mahgoub, along with a selective group of others, are traveling to compete in Lin-

coln, Nebraska, this weekend. The Graduate Classic, on paper, may represent a step up in competition for the Bearcats, but both Mahgoub and Maddox are unphased by the Division I competition.

"I don't ever think of it as 'Oh, my God they are DI, they are so much better than I am,'" Mahgoub said. "I think we are right at that level."

"Just got to keep my composure and do what I've been doing," Maddox added.

Masters, of course, wants his athletes to continue their hot start at the Graduate Classic but also has another purpose for taking the team to Big Red country.

The purpose, Masters said, is to gain experience on a 200-bank track. The style of track, one unaccustomed to the program, mirrors the type of track in Birmingham,

UP NEXT

NW @ Graduate Classic
Jan. 17-18
Lincoln, Nebraska

Alabama, where the runners compete should they advance to the national championships.

The reason for the smaller team, Masters said, is for the select few to get a feel for the difference in tracks.

"The people that are going are kids that we will probably see or have a chance to see in the national championship," Masters said.

Overall, the end goal stated by Masters, Mahgoub and Maddox, is to be conference champions and attain national success. The Graduate Classic can help them get one step closer to those goals.

Spoofhound girls looking to improve on hot start to year

CORBIN SMITH
Sports Reporter I @curly_corbis



Coming out of winter break, Maryville girls basketball was determined to continue its success on the court. Following two quality wins over highly ranked teams in Missouri, the 'Hounds have earned their own place among the state's best.

Maryville claimed the Bishop LeBlond Holiday Tournament for the first time since 2010 after defeating East Buchanan (9-2) Dec. 30. At the time, the Bulldogs were the No. 3 team in MSHSAA's Class 2.

In the first game of the new decade, the Spoofhounds (11-2) sent the No. 8 Warriors of St. Pius X (7-2) back to Kansas City, Missouri, with a loss. Despite their success, coach Quentin Albrecht doesn't want the team to lose focus.

"You have to know what's not important," Albrecht said. "It's not important that we are state-ranked. What is important is the next team that we play and dealing with them."

In his fifth season at the helm of the program, Albrecht has sparked the 'Hounds to an 11-2 start. The losses came via Staley High School

Dec. 5 and East Buchanan Jan. 14. Since then, Maryville has won seven of its last eight games and sits at No. 7 in Class 3.

The team's success on the court tells its own story, but it leaves out details that complete its anecdotal season. The Spoofhounds may win like a well-oiled machine but still have kinks to work out.

"We've made strides in just about every area of the game this year, but we still have things we need to get better at," Albrecht said. "We are better than we were last year at communicating, but I think that can always be improved on."

The echoes of practice in the hallways of Maryville beckon the idea of these kinks being hammered out. With 10 of the 18 players being freshmen, there's no surprise that the 'Hounds have a lot to straighten out.

Assistant coach Kelly Obley focuses on giving every practice purpose to continue having on-court success. "Winning the moment" is how Obley gets the girls to stay focused during game time.

"In the game, it's just to recognize that you get yourself back one possession at a time," Obley says. "Regardless of what the scoreboard says, you have to win the moment."

The Spoofhounds help prepare for the next game by wanting to get better. Obley notices that they come in every day with intensity, and she credits that to how their season is going. She believes that there could be a favorable ending to their season if they keep this trend up.

"Truly, I think they can make a run as deep as they've ever gone before," Obley said. "It's going to come down to what we do every day in practice and the standards we hold ourselves to."

The girls are having a phenomenal season so far but are going to need constant support in order to keep it going. A coaching staff can only do so much for their team before its fate falls into the hands of the players.

"We're making the players responsible for their motivation," Albrecht said. "We truly believe that bad teams, nobody leads. Good teams, the coaches will lead. But great teams, the players will lead."



JON WALKER | NW MISSOURIAN
Maryville girls basketball freshman guard Anastyn Pettlon fights through defenders amid a 51-42 win over St. Pius X in the Hound Pound Jan. 7. The win gave the 'Hounds an unblemished start to the conference portion of their schedule.

Women ready for battle with Griffons

JON WALKER
Sports Editor I @ByJonWalker



To this point in the season, every game has been magnified for Northwest women's basketball.

The implications for every game have been a challenge of their own. Whether it be trying to turn the program around, grabbing statement wins or trying to have an uprising in the MIAA, every game has had an implication.

When rival Missouri Western makes the 45-minute drive north Jan. 18 to Bearcat Arena, the Bearcats will have an opportunity to do all three of those things.

"It's a big game," Northwest coach Austin Meyer said. "It's gonna be a great atmosphere. Their women are playing really well right now. ... It's gonna be a big challenge for us — hopefully, we'll be ready to go."

The Griffons (12-3) come into Maryville as winners of seven of their last eight games. The lone loss in that stint was Western's latest outing against No. 16 Emporia State Jan. 11. Western, under former Texas Tech coach Candi Whitaker, is off to a 4-2 start in the conference, which has the Griffons at a tie for third in the MIAA.

The Bearcats (8-7), on the other hand, will prepare for the matchup on the heels of two road losses. The first was via the No. 16 Hornets as well. The second came due to an offensive struggle against Washburn, ultimately leading to the Bearcats'

first loss to the Ichabods since the beginning of the 2018-19 season.

The Bearcats key to success, Meyer said, is finding a way to better handle adversity. That, for the Bearcats, could lead to the Bearcats attaining the aforementioned marks for the program.

Another key is for the offense to get its shots to fall, Meyer said. Along with that, he added, it's crucial to figure out different ways to score.

The women get a fair amount of their points from the free-throw line. The Bearcats, almost mirroring last year's collective efforts, are the second-best free throw shooting team in Division II. For this year, the team is shooting 50% of its 816 field goal attempts from beyond the arc.

Although there are times that the Bearcats have lived from the latter approach, there are also times where the strategy has faltered.

"Hopefully we're just finding more ways to score," Meyer said. "We're working on trying to post-up everyone on our team right now in practice ... just finding other ways to get closer to the basket. We're getting shots, what we feel like are pretty good shots; we're just struggling to make them right now."

No matter if it's a coincidence or strategic scheduling from the MIAA, both teams will have a full week of preparation leading up to the contest. That, Meyer said, is something Northwest is looking forward to and taking advantage of.

"There's a fine line of making

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sure you're going hard enough to be ready to compete and making sure our kids are in shape," Meyer said. "But we also want them to be fresh and ready to go when the ball goes up."

The rivalry, for both Meyer and men's coach Ben McCollum, is familiar. The pair of coaches, combined, have more than 10 years of experience when it comes to the conference clash. For Meyer, it's his second year as a head coach in the matchup. For McCollum, it's more years than can be counted on both hands.

For the players, the preparation might have added motivation. For both coaches, McCollum said, the preparation stays the same.

"They probably look more forward to it than other games," McCollum said. "Naturally, when you're 18-to-22 years old and you see No. 2 in the country, you're naturally going to be that up for it. So that's probably the same concept for a game like this."

The women, unlike the men, aren't the No. 2 team in the country. A shift towards that direction could be in the view of the Bearcats in the future. The view for the Bearcats, now, is on capturing the program's first win over the Griffons since Jan. 27, 2018.



JON WALKER | NW MISSOURIAN
Northwest women's basketball junior guard Jaelyn Haggard setting up the offense Nov. 29 at the MWSU Thanksgiving Classic in St. Joseph, Missouri.

Bearcats have a flippin' good time in Hawaii

JON WALKER
Sports Editor I @ByJonWalker



For the vast majority, Northwest students started their break from classes on Dec. 14. For Northwest women's basketball, the intermission was shortened, in an adventurous way.

A lot has gone on regarding the program since the last time students were on campus to watch the Bearcats. To start, the reason for having to wait for break to begin was due to a trip to Hawaii. It was, of course, for basketball reasons — mostly.

When assistant coach Addae Houston wasn't backflipping on a beach in Honolulu, he was standing next to coach Austin Meyer on the sidelines at the Malika Sports Christmas Classic.

First, the Bearcats were tasked with going up against No. 10 Alaska Anchorage. Heading into the final quarter of action, Northwest trailed the Seawolves by 6 points. That lead, for Anchorage, would extend to 11 and be good enough to survive the scare from the Bearcats.

"That was a fun game because just their press and their style that they play," Meyer said about the Seawolves. "And it was fun because they're one of the best programs in the country. It was a fun game for us, playing out there."

For Northwest to not head back to Maryville empty-handed, the Bearcats had to find a way to win against Lindenwood University-Belleville. The Bearcats did, in fact, do that. In a season of highs and lows when it comes to shooting, the team found one of its highest peaks. A 67-52 rout of the Lynx



JON WALKER | NW MISSOURIAN
Defenders struggled as Northwest women's basketball senior guard Kendey Eaton shot almost at will against Nebraska Christian Nov. 21 in Bearcat Arena. Eaton scored a game-high 17 points in the Bearcats 73-40 win over the Sentinels.

moved Northwest to 6-5 at the time.

The win, aside from Houston's athletic ability, was the highlight of the trip.

"I didn't know (Houston) still had the backflip in him," Meyer said. "But he busted it out, and it was pretty impressive. It was fun to see just how excited everybody was

when we got off the plane. ... It was a great experience, and I'm thankful for everybody that helped make that happen."

"Yeah, that was pretty impressive," men's coach Ben McCollum said of the backflip.

As soon as the plane touched down back in Kansas City, Missouri, the women had 14 days before returning

That confidence, within the span of the next week, would be hindered.

With two road games for Northwest, came two losses. The first of which came via No. 16 Emporia State. The Hornets, who are tied for first in the MIAA, toppled the Bearcats in Emporia, Kansas. On the heels of that came a matchup with Washburn, the team Northwest had won two straight against.

That streak, along with the road trip, would come to an end.

The Ichabods, just as the Hornets did, were able to defend their home court across the state line. It was close until it wasn't. Heading into the final quarter of play, Washburn led 39-31. By the end, the Bearcats fell victim to a 16-point loss.

The losses, Meyer said, hurt the confidence "a little bit." Nonetheless, putting a dent in the confidence that will be needed heading into the heart of the MIAA schedule.

"We're just trying to handle adversity a little bit better," Meyer said. "We're going to try and find some ways to simulate that more in practice, but — I mean, Washburn hit a half-court 3 at the end of the third when it was only a 5-point game — we just felt like we were defeated after that happened, and there was still a lot of game left."

Throughout the break, a key piece to the puzzle made her season debut in junior guard Mallory McConkey. McConkey, who was a top-three scorer for the squad last year, was out for the first half of the year with a leg injury. Now that she's back, Meyer said, there's an added presence that's been missed.

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TOP 10 OF THE 2010s

Ranking Northwest's most impactful players of the decade

ANDREW WEGLEY
Managing Editor | [@andrewwegley](http://andrewwegley)



There are a lot of issues with attempting to rank the most accomplished Northwest men's basketball players of the 2010s, maybe the most important of which boils down to one simple fact: not every college career is started and finished within the vacuum of a decade.

This, of course, is obvious. And it makes this whole thing more complicated than it needs to be, especially when you consider the fact that Northwest won a championship in 2019 — the last year of the decade — on the backs of mostly young players.

It's really tough to make a list of Northwest's best players over the last 10 years without including Diego Bernard. It's also really tough to make the same list including Diego Bernard. He might be the most talented and athletic player to ever suit up for Northwest. But he only played a year in the 2010s and wasn't even the most accomplished freshman on his own team.

And so, it's worth repeating: this list was and is really tough. There are omissions that won't age well. That's the reality of examining a decade in a vacuum in which careers are not played.

ANDREW WEGLEY
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Northwest men's basketball has been burned by injuries before.



One suffered by Dillon Starzl in the former forward's last season helped end Northwest's run in 2014. A lingering toe injury to former guard Justin Pitts in 2018 ended what could have been a second-consecutive run toward an NCAA Division II National Cg. A lower-body injury to graduated forward Joey Withus last season nearly derailed a championship season in the Elite Eight.

Each time the team has been marred by injuries in the last decade of basketball, it's been coach Ben McCollum's job to guide the program forward, to right an ailing ship, to get the best 40 minutes of basketball possible out of the players who are healthy enough to play.

"Yeah," McCollum joked. "Every year, for the most part."

The last 10 years of Northwest men's basketball have marked the most successful decade in the program's history. Here are the 10 players who were perhaps the most impactful and most accomplished in the Bearcats' decade, one that came with two national championships and a degree of dominance that toed the line between impressive and ridiculous.

10. Brett Dougherty (2013-2018)

In the interest of full disclosure, I fully intended to leave Brett Dougherty off this list. On the surface, at least to someone who caught only parts of the last of Dougherty's four seasons, his career seemed unremarkable.

Unremarkable really isn't what I was going for in a list of the decade's most impactful and accomplished players. But there is another word that applies to Dougherty, too: consistent. He pulled down close to 500 rebounds and scored nearly 1,000 points. He grabbed at least 100 boards in every season of his career. His field goal percentage is fourth all-time in the program's history.

Ultimately, though, what pushed Dougherty onto the list after his initial snub was the testimony of Ben McCollum, one he first offered to reporters two years ago and one that reiterated and stood by this week.

"He is probably one of, if not the, most consistent player I've ever coached," McCollum said in 2018. "There's not a lot of ups and downs with him."

9. Ryan Hawkins (2016-Present)

Ryan Hawkins almost didn't make this list. A lot of the people I talked to didn't think he should. There are two guys — Conner Crooker and Grant Cozad — who might've had a case against Hawkins, mostly because they played their entire careers within the 2010s.

But here's the thing: Hawkins had more points (961) and rebounds (525) in the decade than Cozad did, and he did most of his damage in a year and a half as a starter. Crooker scored more points than Hawkins, but he never had to be "the guy." Crooker was a good, cool-handed guard who played next to two more-accomplished guards for the duration of his career. Hawkins did more in less time in the 2010s, and so, Hawkins is on this list and Crooker and Cozad aren't.

While he redshirted his first year in 2016-17, Hawkins is still one of the few players to earn two national title rings. His 2019 season is also, to an extent, overlooked, partly because all five of Northwest's starters last season were really good at basketball. But Hawkins made 81 3-pointers last year, good for the seventh-best season by that measure in program history, and he led the MIAA with 83 steals, a total that helped him clinch the conference's Defensive Player of the Year award.

In the first half of the 2019-20 season, Hawkins has already taken his play to a higher level.

He set a new program record with 44 points in the second game of the season against Southern Nazarene and then scored 43 in a game a month later against Lincoln. He's played himself firmly into the MIAA Player of the Year conversation, and at the very least, played himself onto this all-decade list. So there is that.

"He turned in to be pretty good," McCollum said. "I'd be lying if I didn't say the first couple weeks (of Hawkins' career) I was a little concerned. Like, 'whoa.' He wasn't — he was athletic, but not the athlete he is now."

8. Trevor Hudgins (2018-Present)

Trevor Hudgins played a season and a half in the 2010s, logging fewer minutes of basketball in the decade than any other person on this list. And he still packed more accomplishments into a season and a half than most players do in a career.

He helped carry Northwest through injury trouble late last season and was named the Most Outstanding Player at the Elite Eight because of it. He was the MIAA Freshman of the Year despite the fact that he shared a backcourt with Bernard, who probably would have won the award any other year. He set a Northwest record with 712 points as a freshman and led the freshman class in scoring across the country. He finished the decade with 890 points.

SEE TOP 10 | A9

Reserve players shine in increased roles

ANDREW WEGLEY
Managing Editor | [@andrewwegley](http://andrewwegley)

Northwest men's basketball has been burned by injuries before.

One suffered by Dillon Starzl in the former forward's last season helped end Northwest's run in 2014. A lingering toe injury to former guard Justin Pitts in 2018 ended what could have been a second-consecutive run toward an NCAA Division II National Cg. A lower-body injury to graduated forward Joey Withus last season nearly derailed a championship season in the Elite Eight.

Each time the team has been marred by injuries in the last decade of basketball, it's been coach Ben McCollum's job to guide the program forward, to right an ailing ship, to get the best 40 minutes of basketball possible out of the players who are healthy enough to play.

"Yeah," McCollum joked. "Every year, for the most part."

The challenge for McCollum and company has been the same to start the 2020 stretch of their season. The No. 2 Bearcats (15-1) started the new year with five games in 11 days, all of which resulted in Northwest wins and all of which came on the heels of a 12-day break.

An early-season, season-ending injury suffered by senior guard Kirk Finley Oct. 26 had already left McCollum shorthanded and handcuffed for the duration of the season. In the wake of Finley's ACL tear, the coach leaned on a core of six players for the first few months of the season.

For Northwest, the situation worsened Jan. 6 when senior forward Ryan Welty, who McCollum referred to as "Mr. Dependable," took an elbow to the face in the early-going of Northwest's 74-55 win over conference opponent Rogers State, leaving Northwest without its leading minute-logger for an indefinite amount of time.

The injury has left McCollum with one more position to fill in a season that has served as an endless

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juggling act for the 11th-year head coach. It's left a void to fill within a starting lineup now made up entirely by non-seniors. And it's left a roster of eight active, healthy players thrust into major roles, ones they've taken in stride without losing a game since the injury to Welty.

There are, of course, the guys that McCollum has leaned on all season, fixtures in the starting lineup before and after injuries. There is junior forward Ryan Hawkins, who has played more than 34 minutes per contest. There is the pair of sophomore guards in Trevor Hudgins and Diego Bernard who have each averaged more than 33 minutes a game.

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ANDREW WEGLEY | NW MISSOURIAN
Northwest's bench has played an important role in the last two weeks after an injury to senior Ryan Welty has sparked a test of the team's depth.